

*Y*our Health Book







INTRODUCTION



The state of Rhode Island welcomes you! We are happy you are here. Together we will make sure you and your family stay healthy. This booklet will teach you new "healthy" words. It will also teach you how doctors and hospitals work in Rhode Island. You will find this booklet easy to read. You will also learn a lot. If you have questions, please call your resettlement Agency or the Refugee Health Program at the Rhode Island Department of Health at (401) 222-2901.

We wish to thank all of the organizations that made this project possible, including the Central Rhode Island Area Health Education Center, the International Institute of Rhode Island, the Diocese of Providence and the Jewish Family Service.





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LESSON 1

Today, you are going to learn a new word.



The new word is "PREVENTION".

P-R-E-V-E-N-T-I-O-N

You can prevent many things.

Just think...

LESSON 2

PREVENTION EXAMPLES

To "PREVENT"
an injury



DRIVE SAFE!



To "PREVENT"
getting wet



USE AN UMBRELLA!



To "PREVENT"
food going bad



USE THE REFRIGERATOR!



To "PREVENT"
getting sick



GO TO THE DOCTOR!



LESSON 3

DOCTORS

Doctors take care of you and your family's health.



In the USA, hospitals are different.

Doctors are different.

You will have your “own” doctor.

He/she is called **“family doctor”**.

LESSON 4

OTHER DOCTORS

You and your family will have other doctors if:



You break your foot;



If you need an operation;



If you are going to have a baby;



If you feel sad;



If your teeth hurt;



If it is hard to see.

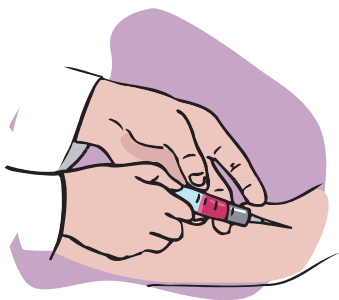
These doctors are called **specialists**.

LESSON 5

"BLOOD SAMPLE"

Many times, your doctor needs "blood."

This is called a **"blood sample."**



They will take blood from your arm.



A special doctor will look at it.



Your doctor will tell you the results.

LESSON 6

"STOOL SAMPLE"

Many times, your doctor needs "stool."

This is called a **"stool sample."**



The nurse will give you a container.

You will go home.

You will go to the bathroom.

You will put a little bit of stool in the container.

You will take it to the doctor.



The doctor will look at it under the microscope.



Your doctor will tell you the results.

LESSON 7

**APPOINTMENTS ARE
VERY IMPORTANT!**



When a doctor gives you an appointment it is very important!

It is important for **“YOUR HEALTH”!**

It is important for **“YOUR FAMILY”!**

It is important for **“YOUR COMMUNITY”!**

**NEVER BE LATE FOR YOUR
HEALTH APPOINTMENT!**

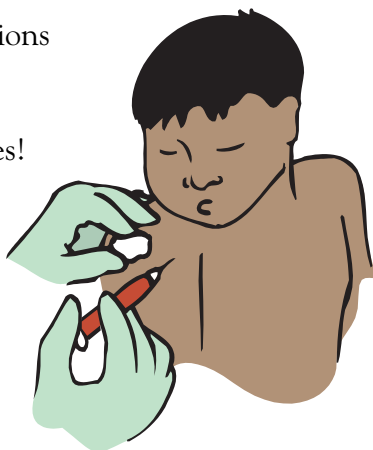
LESSON 8

VACCINATIONS

Vaccinations and immunizations are the same thing.

Vaccinations prevent illnesses!

Babies, children and adults get vaccines!



IT IS VERY IMPORTANT TO KEEP A SCHEDULE!
You can use a calendar to write down the dates!



There are many vaccines! We all need vaccines!

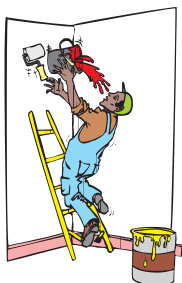
**NEVER MISS A VACCINE
APPOINTMENT!**

LESSON 9

HEALTH EMERGENCIES



You are at home! You are alone! You are going to have a baby!



You are painting! You fall down! You break your leg!



Your child has high fever He/she cries.
He/she has diarrhea.

What to do? **Do Not Wait!**

If you CAN walk or drive, go to the Hospital Emergency Room or to your Health Care Center fast!

If you CANNOT walk or drive, call **911**.
Someone will help you right away.

Listen to the doctor! Give the medications as told!

LESSON 10

IMPORTANT PHONE NUMBERS

Write your most important phone numbers. Put the list near your telephone.

EMERGENCY NUMBER (ACCIDENT, FIRE):

911

IF YOU HAVE TO CALL:

A) TELL YOUR ADDRESS

B) SAY IF IT IS AN ACCIDENT OR FIRE

YOUR HOSPITAL OR CLINIC: _____

YOUR DOCTOR OR NURSE: _____

YOUR DENTIST: _____

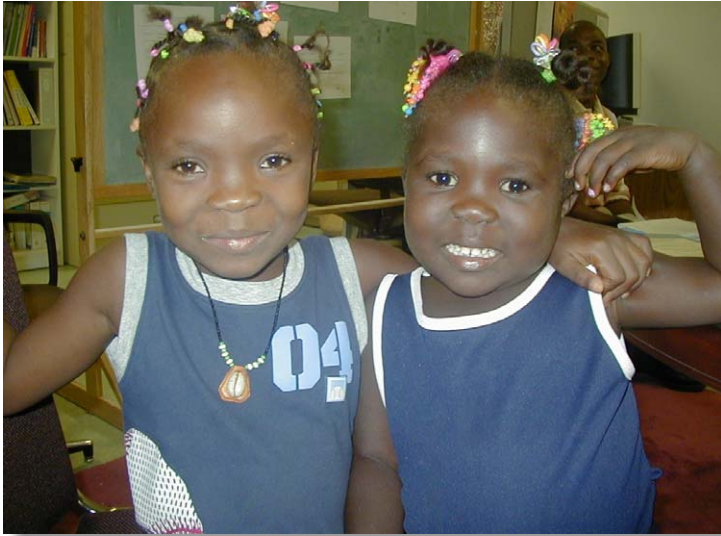
YOUR EYE DOCTOR: _____

YOUR PHARMACY: _____

YOUR REFUGEE AGENCY: _____

RIPTA BUSES: _____

TAXI COMPANY: _____



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*"Safe and Healthy Lives
in Safe and Healthy Communities"*